

שליט"א Rabbi Wilson's message

Rav Yechezkel Abramsky זצ"ל related that when he was imprisoned in the slave labour camp in Siberia, one morning he woke up, said מודה אני, and then asked himself, "Why do I praise ה' for giving me another day of life? What purpose does my life have? I don't have מצות to perform; I don't have תפילין and I don't have גמרא. Why should I live? But then I told myself that I have אמונה and to live in Siberia with אמונה is a great service for ה', My אמונה certainly gives ה' נחת רוח. For אמונה alone, I decided it is worth living."

When the Rayatz of Lubavitz זצ"ל heard this, he replied, "Reb Yechezkel! It is worth it for הקב"ה to witness all the hardships and sorrows of His beloved children in גלות just to hear those beautiful words of אמונה."

The first מצוה commanded to כלל ישראל is the מצוה of קידוש החודש, declaring each month when the new moon is visible. This is the first מצוה because the first thing we need to know is that every one of us has a power of התחדשות - the ability to regenerate and renew our connection to ה'.

נתיבות tell us that the word לכן—for you teaches that this מצוה is unique to כלל ישראל. The נתיבות explains that התחדשות is possible only because the spark of connection, however hidden, never disappears. The natural process is that a seed rots before it sprouts and grows, but if a seed rots completely it will never sprout. כלל ישראל are like the seed that is planted in the earth, with the spark of life ever present and ready to grow when it is watered.

Our אמונה is the spark of life – our constant, unbroken connection to ה'. Like Rav Abramsky זצ"ל, we can strengthen our אמונה in even the most difficult times and, as Rav Abramsky taught, even if we are not able to perform מצות to the level we would like, our אמונה alone gives the most incredible נחת רוח to the רבוש"ע.

We should be זוכה to deeply instil אמונה in ourselves and our children this פסח and to be inspired to a real התחדשות in our עבודת ה'.

With grateful thanks to Mr Myers, Mrs Reznick, SLT and all our staff for all their hard work. Thanks to their tireless efforts there has been a real התחדשות in so many areas this term and we look forward to continued growth throughout the Summer בעזה"י.

With best wishes for a פסח און פריילעכן פסח,

ברכה והצלחה

Rabbi Wilson

Guest speakers and Special Events

Mrs Bernstein

Mrs Elisheva Bernstein, originally from Manchester but now living in ירושלים, spoke to years 10 and 11 about the life of a כולל wife in ארץ ישראל. She shared with them the beauty and simplicity of this lifestyle, as well as the ups and downs, and included some wonderful 'only in ארץ ישראל' anecdotes.

Mrs Thumim

Mrs Zippy Thumim spoke to the girls in year 10 about her graphic design and other remote learning courses that she runs. She told the girls how much opportunity there is available for further education in the area of computers and graphic design, and how many job opportunities this can lead to.

Mrs Goldberg

Mrs Rivka Goldberg, an expert מחנכת, spoke to Year 10 and 11 about running her own business from home. She is the owner of 'Books to Last', and will plasticate books for people in order to make them more durable. She explained the perks and difficulties of running your own business, and gave them some entrepreneurial tips.

Mrs Jacobs

Mrs Tz Jacobs gave a special lesson to Year 10 on the פרשיות of פקודי and ויקהל, explaining how each of us is unique but we all work together to achieve a common goal. This was followed by an informative and interactive quiz on the topic of חירות and עבדות.

Mrs Bamberger

Mrs Rikki Bamberger, a former pupil of BYJHS, spoke to year 8 about doing קירוב. She told them that all the skills they learn in school, and pushing themselves to work hard, even when they don't feel like it or don't enjoy it, will stand them in good stead for whatever they chose to do in the future. She explained some of the joys and difficulties in doing this amazing job.

Year 9 Options advice

Girls in year 9 had the opportunity to hear from a variety of teachers and pupils as they consider their 'options' when choosing subjects to study towards their GCSEs. They found it very helpful to hear from those who have studied and those who teach the various courses.

Parents had a similar chance to hear this important information when they came to school for the Options Evening. It was explained to them how the options work, and how to help their daughters chose the courses that are best suited to their strengths and talents.

Many thanks to Mrs Klein, our careers advisor, who regularly organises a range of different speakers to inspire our girls to work hard in whatever they are doing, no matter what they wish to do after they leave school. Mrs Klein is also available to meet with girls individually to discuss their 'פרנסה possibilities'.

פורים at BYJHS!

After the excitement of ראש חודש אדר and colour war, school settled calmly back into routine for a week and a half. Excitement began building up again on תענית אסתר, when girls in year 7, 8 and 9 swapped the creatively designed 'lots' they had made for each other. Every girl in the school also picked two names of girls to deliver משלוח מנות to on פורים itself, as well as making another two for girls who would give them. This way we ensure the מצוה is done in a way that is מרבה שלום ורעות, and no one feels left out or less popular. After an entertaining assembly, the girls excitedly left school.

On פורים night, a programme was arranged in school for year 9, 10 and 11, including a photo booth, ice cream van, hilariously entertaining magician, and of course, plenty of music and dancing. The girls looked fabulous in an array of costumes, and had a great time, while maintaining the בית יעקב standard of behaviour. Year 7 and year 8 had their own separate activities, kindly arranged by some mothers.

פורים morning saw many of year 10 arrive in school early for a שיעור and hot chocolate with Miss Rose, followed by davening. Over 100 girls attended Rabbi Wilson's inimitable מגילה reading and gave each other מנות משלוח.

Many thanks to Mrs Levene and Mrs Librae for arranging the extra curricular activities, along with the Mechanchos and other staff who gave of their precious time on this hectic day to supervise the girls. Thanks also to the School Council Heads and Mothers Committee, who arranged משלוח מנות for all the staff, expertly created by Chani Braceiner.



Year 7 **בת מצוה** Evening

Once again all the stops were pulled out to create a memorable **בת מצוה** evening for Year 7 girls, their mothers, grandmothers, aunts and staff. The theme was **מונה מספר לכוכבים לכולם בשם יקרא**—expressing how each girl is like a unique shining star, but working together they can make great things happen.

The evening was opened by Mrs Niasoff who welcomed everyone, after which the year 7 girls proudly entered the hall and sang two welcoming songs, conducted by Miss Elkouby. After this, Rabbi Wilson spoke, explaining the theme and connecting it with the lives of our girls in school, and presented each girl with a small memento of this special occasion.

The evening continued with the skit, which depicted the story of the famous conductor Toscanini, who noticed, hearing his symphony being played over the radio, that one of the violinists was missing. There was also a musicians dance. Mrs Bamberger spoke on behalf of the mothers, thanking all the staff and echoing how our girls are shown in school their uniqueness, enabling them to glow, and work together to create a galaxy of stars.

A small choir sang **הודו לה'** and 'My Little Voice' - about how each of our small actions is powerful. There was a video act, that showed the famous story of a boy who realised he couldn't save all the starfish on the beach but knew the value of saving each one; and a starfish dance. Two **דברי תורה** were given, one by a small group of girls and the other by Tzippy Schleider. Four girls sang **שירו לה'**, and the evening concluded with the whole class taking to the stage once again to sing a heart-warming song of thanks to their mothers. Each girl presented her mother with a personalised jar of matches and thoughtful note. Mrs Reznick thanked all those involved amidst much cheering and everyone left uplifted and inspired by such a beautiful evening.

Everyone enjoyed the delicious three course meal, expertly cooked by Mrs EM Levene and Mrs D Morris, and kindly served by Mrs Bor, Mrs M Kaufman and Mrs Weiss, assisted by some year 11 girls.

With many thanks to Mrs Niasoff who worked tirelessly, day and night, for many weeks, ensuring each part of the event was perfectly coordinated. Thank you also to Miss Levenson, Miss Miller, Mrs Richman, Miss Elkouby, Miriam Levene, and all the office staff and other staff who helped make the evening a wonderful success. A massive thank you to all the year 10 girls who headed all the productions—without them the evening couldn't have happened.



BYJHS Mind, Body and Soul Wellbeing Week

After many weeks of careful planning, last week saw our very first Wellbeing Week in school. It began with each girl taking a survey about her ideas and opinions on different topics, which was again completed at the end of the week, so that we can monitor the impact the week has had.

Monday morning saw the school completing a health assessment under the guidance of Mrs Chaya Klyne, who explained the importance of a variety of topics, including enough sleep, eating a balanced diet including breakfast and enough water, and exercise. She was pleased to see that many girls found themselves in the most healthy category, and most others in the middle set, however there is plenty of work to do, especially in terms of following healthy sleep habits and snacking!

Over the course of the day, each year group had the opportunity to explore the Wellbeing Fair, hosted by year 10 and 11 ambassadors. Each table was focused on one of the NHS's five guidelines for healthy living. (See opposite page) At each stand they talked about what the guideline meant, and how they could apply it to their lives.

On Tuesday workshops were led by Mrs Rechnitzer, Mrs Feingold and several other teachers, exploring these 5 topics a little further. The girls were given a bottle of water and asked to see how long they could hold it for. It was explained to them that this water bottle is like our worries and stresses, we can manage to hold them for short amount of time, but if we wait too long they become too heavy to carry alone, and we need to ask for help from peers, family, teachers or professionals. Girls were given the opportunity to create a poster describing ways we can work on each of the NHS guidelines, and were given an eye mask, a chocolate and an information booklet to take home.

Over the course of the week, Year 7, 8 and 9 had online safety lessons, focussing on the topic of health and wellbeing in connection to technology of all kinds. There were also posters and displays put up with a variety of further information on mental health and wellbeing topics, including an area where girls can pick up some quick tips to help them if they are feeling anxious, upset, frustrated or disappointed

The week concluded with Mrs Cassie Horwich, from Mental Health organisation 42nd Street coming in to speak. She explained how the most fabulous programmes and support groups have been set up, based on ideas suggested by teenage school girls similar to them. She explained that every one has the power to make positive change in their environment, and said she was looking forward to hearing from the girls what they think is needed in school and the community. Each girl was given a little stretchy man as a souvenir, to remind them to stretch their minds, bodies and souls.

This great and vital project could not have happened without Mrs Rechnitzer, who spearheaded its planning and implementation, assisted by Mrs Reznick, Mrs Treblow, Mrs Royde, Mrs Sassoon, Miss Reznick and other staff members.



1

Connecting with other people

Old friends, new friends, or just smiling at someone as you walk past: connecting with others can make you feel part of something bigger.



2

Getting active

Moving more is great for your brain too. From jogging to dad dancing, finding something you enjoy makes it easier to keep up.



3

Learning something new

Giving something a go gives us confidence and a sense of purpose: and you don't even have to be good at something to get the benefits!



4

Giving

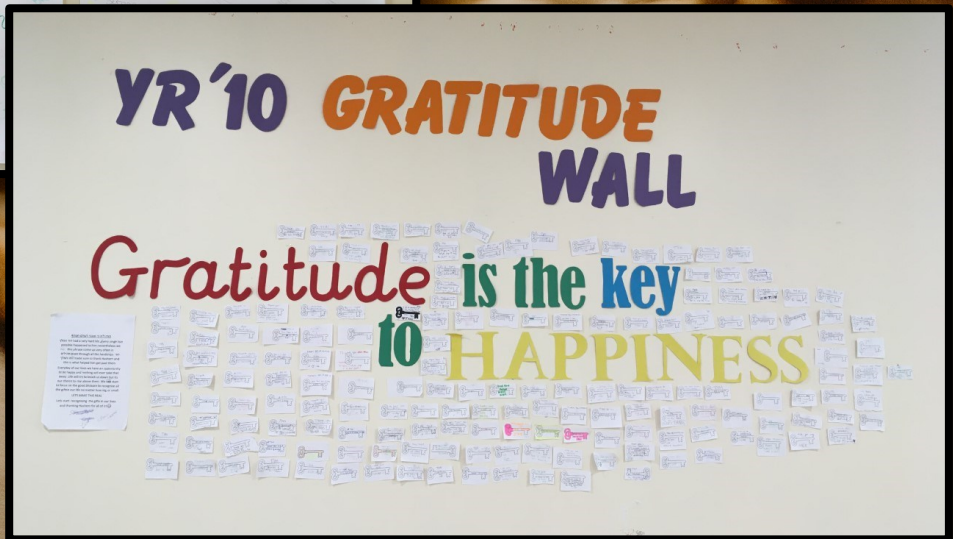
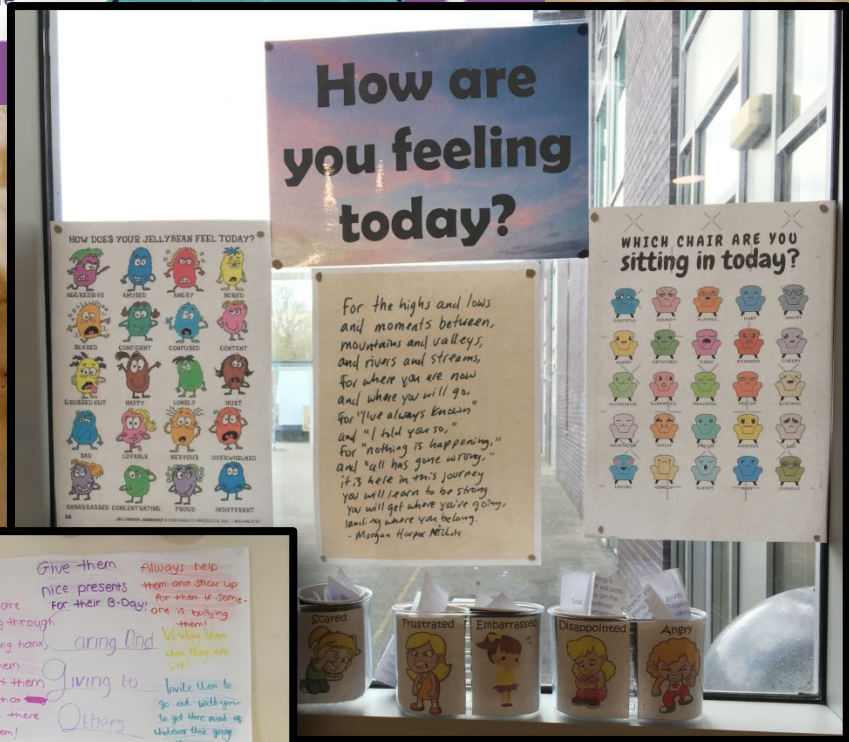
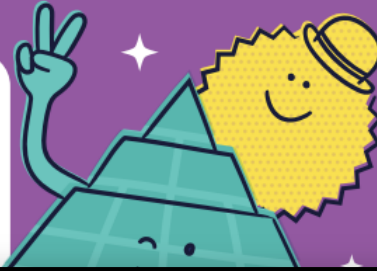
Acts of kindness have 'feel good magic'. It doesn't have to cost money: your time, your words, and your presence all count.



5

Taking notice

Remembering the simple things we appreciate every day can help us to stop worrying about the past or the future.



פסח at BYJHS

Every class has been busy learning about a variety of topics in the run up to פסח. In חומש lessons they have had the opportunity to learn the פסוקים on which the הגדה is based, together with מפרשים on their level. דברי תורה have been taught in קודש lessons across the board, as well as הלכות פסח in the דינים lessons.

Year 7 have worked really hard on their הגדה booklets and had a competition to create their own front cover, including a פסוק or מאמר חז"ל. These were judged by Rabbi Wilson and certificates awarded in assembly for the best designs.

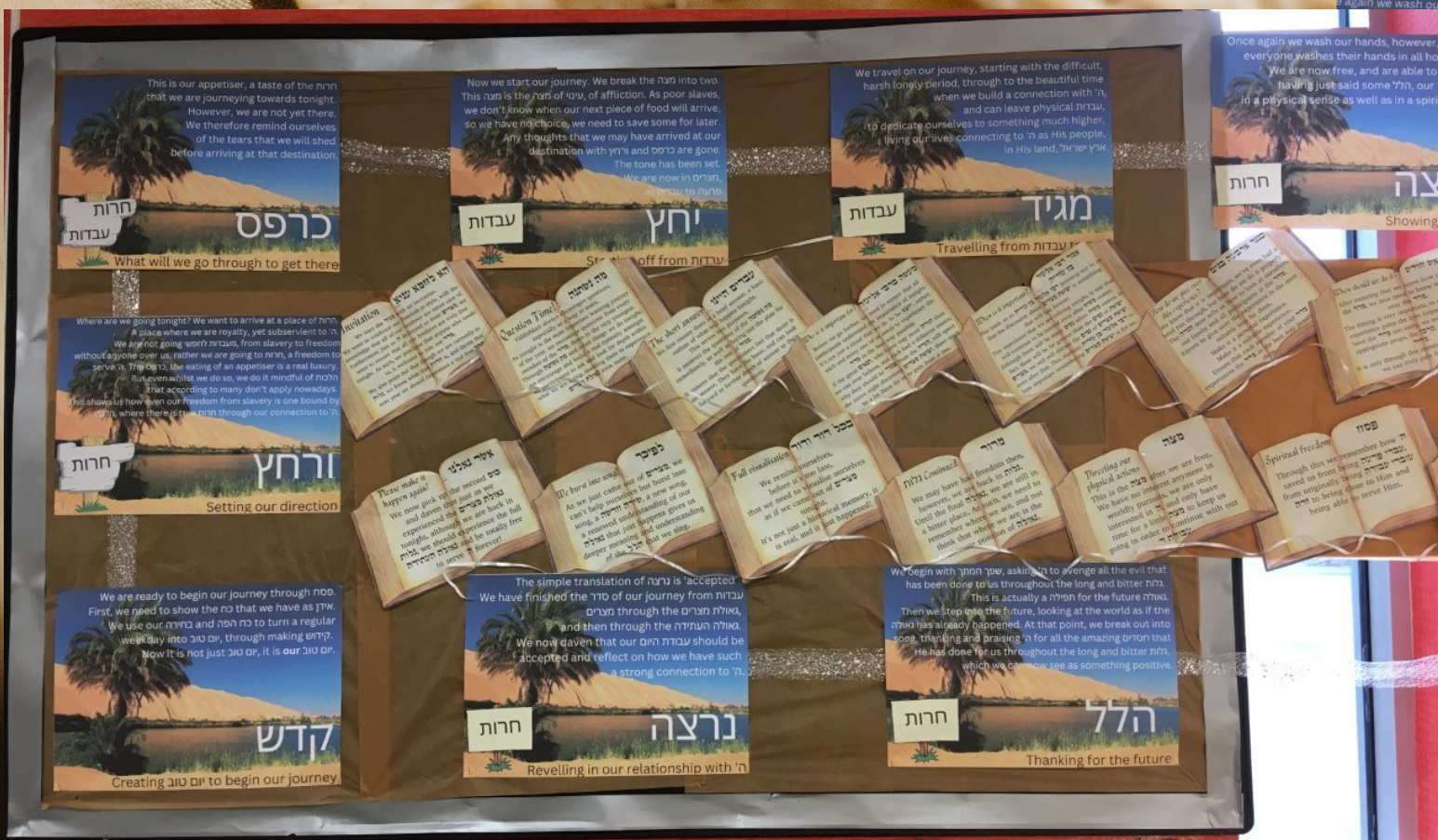
Year 8 worked together under Mrs Librae's direction to produce a booklet detailing the עשר מצוות which they have been learning in חומש lessons.

On the last day of term, years 10 and 11 had a 'round robin' followed by a panel with Rabbi Y Rose, Rabbi D Stern, Rabbi Glickman and Rabbi Katz, discussing different aspects of the יום טוב.

Years 7, 8 and 9 had a workshop discussing עבדות and חרות and how that applies nowadays, whether it be in the area of fashion, technology, food, social life or wealth. Each group had to make a poster depicting either the challenges of the 'עבדות' in these topics, or the ways we can feel חרות instead.

A wall display created by Rabbi Glickman and Mrs Royde has given the girls a chance to explore further the concepts of עבדות and חרות as they appear throughout the סדר.

Thank you to Mrs Librae and Mrs Levene for arranging the programme for the last day of term.



צדקה and חסד Teams

The צדקה team raised £400 for the הנהגת before פורים in our annual exciting Chinese auction. They arranged a food drive for GIFT, collecting unwanted מנות משלוח and other מתנות food. Year 9 brought the most (closely followed by year 8) and had the opportunity to sort it all out. Girls from Year 7 packed GIFT bags to be distributed for יום טוב.

They have also raised money for local needy families by selling nash on ראש חודש ניסן.

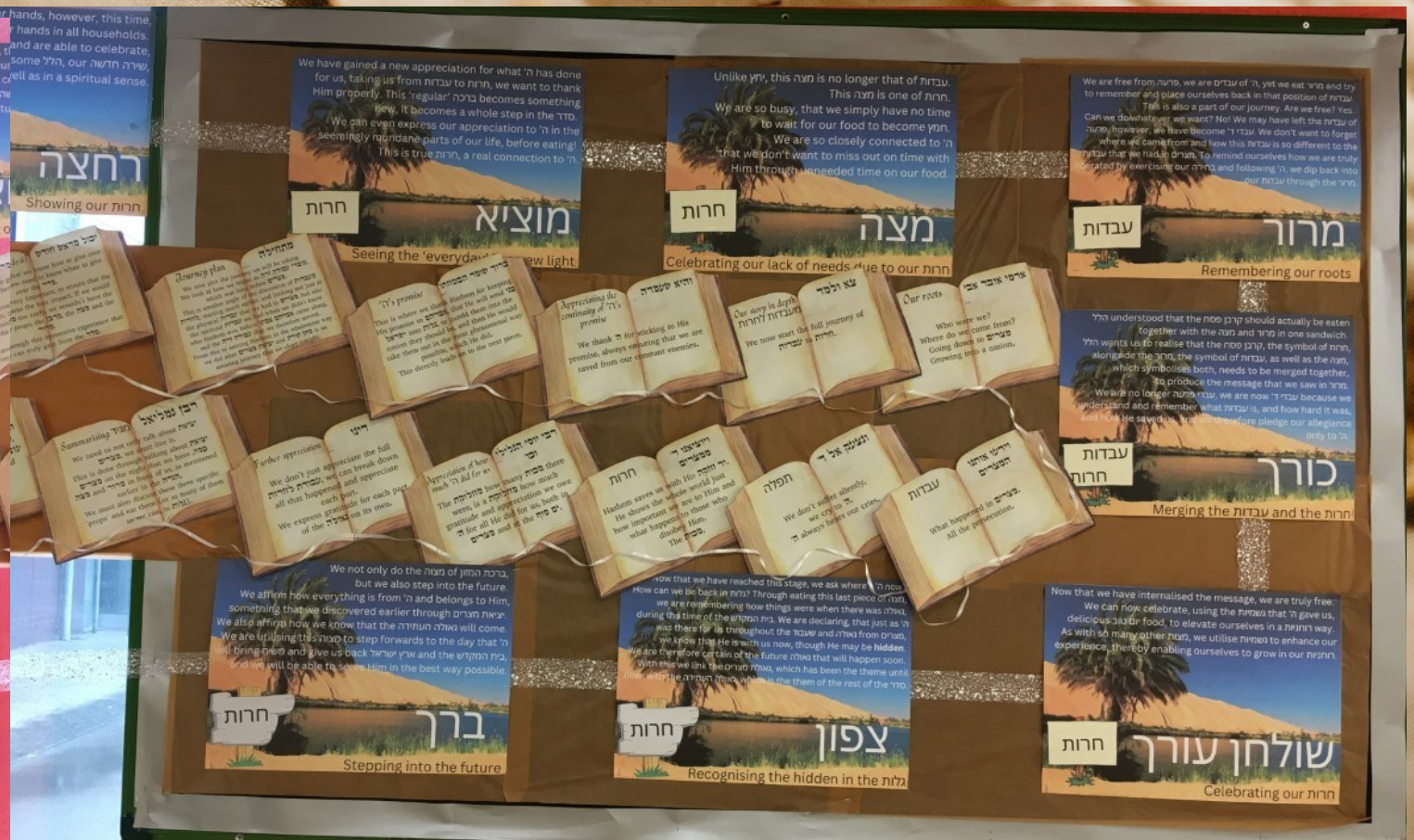
Girls volunteered to help out at the Prestwich פורים costume גמ"ח, organising and giving out hundreds of costumes to local families. Girls are still going weekly to sing in Aim Habonim and regularly clearing up after חופות.

On the last day of term there was a raffle where any girls who have done חסד this term could win vouchers to local shops.

Thank you to all the girls involved and many thanks to Mrs Sasson who organises the teams so efficiently.

Dor L'Dor Parenting classes

Mrs Dassy Adler's Teens Course was a hit, with over 50 mothers attending the initial in-person session held in the summer and 20 accessing the full series via zoom/teleconference. Topics including communicating with teens, building healthy self esteem, building resilience, gaining cooperation, and tools for positive discipline, left mothers feeling empowered to manage the adolescent years with confidence. Feedback has been overwhelmingly positive, and we are delighted at the success of this programme.



Rewards at BYJHS

Throughout the term, girls have had the opportunity to trade in their 'positives' for rewards in our reward shop, run by Mrs Myers. They can buy vouchers for free chips or dessert in school, vouchers for local shops and cafés, coloured pens, wireless headphones, nash and more.

At the end of term a film was showed for all girls who had behaved well consistently throughout the term which was very much enjoyed.

Iced coffees—ראש חודש ניסן

The following girls received iced coffees for effort across the board:

Year 7

Michali Heimann
Talia Schauder
Rachelli Katz
Chaya Schwinger
Mimi Liefmann
Chani Stern

Year 8

Elisheva Janit
Penina Sonnenschein
Shiffy Lampert
Atara Cohen
Aidel Parshan
Gitty Lipshutz

Year 9

Chani Enchine
Perel Jacobs
Batsheva Cantor
Batya Strassman
Michali Clifton
Miri Ross

Year 10

Esther Weltcher
Freidy Freudenberger
Adina Azar
Miri Bamberger
Shani Mannes
Simi Olsberg
Debby Green
Shira Woolfson
Yehudis Horn

Year 11

Sari Fletcher
Shani Topperman
Batya Parshan
Devorie Hoch
Tamara Miller
Shaindel Bookatz
Rivka Abrams

End of Term Certificates were awarded to:

Year 7

Effort: Debbie Goldman, Shoshi Wells, Rina Goldman

מידות: Shana Sinitsky, Tehilla Goldshmidt, Pessi Klor

Role Model: Suri Bursk, Tobi Mendelson, Talia Schauder

Year 8

Effort: Rachelli Rosenberg, Chani Friedlander, Chaya Wasserberger

מידות: Rachel Brandeis, Ashira Tunkel, Leah Berlin

Role Model: Tehilla Dolties, Chani Guttentag, Rivka Shira Wilson

Year 9

Effort: Estie Halpern, Perel Jacobs, Chana Bar Ilan

מידות: Leah Rina Sobel, Chavi Fleischer, Batya Strassman

Role Model: Miri Manson, Malky Rabinowitz, Shira Schleider

Year 10

Effort: Aviva Fulda, Esther Klein, Esti Silbiger

מידות: Ayala Dansky, Brocha Royde, Rifka Leitner

Role Model: Adina Villegas, Chaya Rochel Katz, Esti Gordon

Year 11

Effort: Adina Mozes, Sari Fletcher, Batya Parshan

מידות: Brocha Music, Ruti Rose, Michal Tam

Sustained Improvement: Avigail Hassan, Malky Goldschmidt, Tehilla Fuerst, Esti Myers

מידות—as voted by their classmates: Chana Brandeis, Ruthie Bitton, Riki Tesler

Friendship and מידות טובות—as voted by their classmates: Chaya Rochel Kaufman, Yehudice Sobel, Shari Menczer